

ABSTRACT OF THE DISCLOSURE

A hockey training system for providing a versatile hockey training apparatus capable of providing various hockey training techniques. The hockey training system includes a base having an outer perimeter, a pair of platforms positionable upon the base, a pair of cover members positionable upon the upper portion of the base, a pair of reserve units designed to retain a plurality of pucks and a shooting member for allowing the user to shoot pucks upon. The hockey training system is positionable within a plyometrics position, a stepping box position, a shooting position and a sliding position for providing versatile training for a hockey player within a single unit.